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Starry,
Starry
nights



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Citizens
speak



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Stratford
switch

the newham mag

issue 395 // 27 July – 09 Aug 2018 // Every fortnight



Champions stay home

Community campaign's
victory (p16)

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News

Stadium investment decision was “flawed”

An independent review has concluded that the final decision which led to Newham Council investing £40 million into the transformation of the London Stadium after the 2012 Games was “flawed”.

The review by specialist local government lawyer Peter Oldham QC looked at decisions made by the council between November 2011 and March 2013. This was the period during which the council approved a loan to Newham Legacy Investments Ltd (NLI), a company owed by the council which was a 35 per cent shareholder of E20 Stadium Limited Liability Partnership, the owners of the former Olympic Stadium.

The report highlights that the final decision to invest £40 million in March 2013 was flawed because it did not meet one of its self imposed conditions for investment – that a financial return of £3 million per annum, would be achieved.

Speaking at a meeting of the full council Mayor Rokhsana Fiaz said: “The view we can draw from this report is this was ultimately £40 million down the drain. The report helpfully tells us that concerns raised by financial advisors

at the time – namely that a £3 million return on a £40 million investment was not achievable – were ignored.

“The vision for the stadium and the benefits it could provide was exciting, but the investment by Newham in 2013 was significantly flawed because not enough attention was paid to the detail when the final decision was made.”

The council noted most of the decisions were also not made available to the public, press and other councillors on the grounds of commercial sensitivity. This had the effect of limiting the transparency of the process, particularly to councillors who could have scrutinised the process but also maintained the confidentiality.

Mayor Fiaz added: “When I became Mayor, I pledged that openness and transparency in decision-making would run throughout the new administration. A vital part of that is strengthening our scrutiny measures and involving residents as much as possible. We should not be opposed to exploring opportunities that regeneration can present, but robust scrutiny and increased clarity are essential to prevent such detrimental mistakes being made again.”



London Stadium

Mayor Fiaz

£40 million “down the drain”

News

Forum to tackle homelessness

Newham Council has hosted the first meeting of a new forum that brings together residents, charities, and people with direct experience in tackling homelessness.

The Newham Homelessness Forum will give a voice to groups and individuals with an interest in, or who have suffered, or are threatened by homelessness. Those voices will help shape the future homelessness strategy of the council to deliver a more joined-up set of services.

Mayor Rokhsana Fiaz said: "We are going to be more proactive, more responsive and more compassionate towards the individuals affected. They deserve our compassion, they deserve our respect, and they deserve our absolute resolute determination to deal with this."

Newham Council has won £500,000 funding from the Government to tackle rough sleeping, and part of the money is set to be used to set up a permanent 20-bed assessment and accommodation unit for rough sleepers in the borough.



The forum under way



Cllr Beckles, second right, helps break ground

Ground-breaking start to project

Key stakeholders including the Greater London Authority and Newham Council joined developers Opal for the ground-breaking ceremony of a £400 million regeneration project in Silvertown.

Once complete Brunel Street Works will comprise 975 mixed-tenure homes plus community space and a 152-bedroom hotel. It will include 35 per cent affordable housing as well as private rent and for sale properties.

Councillor James Beckles, chair of the council's Strategic Development Committee, said: "It's great to see the progress made at Brunel Street Works. Planning and regeneration is not just about producing shiny buildings. For Newham Council, it's about putting people at the heart of everything we do and ensuring that all developments contribute to community wellbeing.

"I am pleased to see the new scheme will provide 343 affordable homes, employment opportunities and safe attractive public spaces. I look forward to seeing the completion of the new homes."

343 affordable homes on way

...in brief

Keeping young people safe



Cllr Masters at the event

Keeping young people safe was the main topic of discussion at a public meeting at the Trinity Centre in Manor Park.

The meeting coincided with the beginning

of the school break and was organised by the Manor Park Safer Neighbourhood Police Team working with local parents and residents.

Parents and young people listened to police officers, youth workers, and former gang members talk about signs that young people may be involved in gang activity and what is going on locally to try to keep our young people safe.

East Ham MP Stephen Timms and Councillor Susan Masters, Cabinet member for health and adult social care, were among those who attended. Councillor Masters said: "We all have a part to play in working with young people themselves to keep them safe and from becoming involved in gangs."

Primary test results on the up

Seventy-three per cent of Newham's primary school pupils achieved the Government's "expected standard" in reading, writing and maths in this year's Key Stage 2 Standard Assessment Tests (SAT), provisional results show.

Newham's children out-performed the average as nationally only 64 per cent of pupils met the standard. Newham's provisional figure is also up from 70 per cent last year.

Councillor Julianne Marriott, Cabinet member for education, children and young people, said: "These results are truly impressive and shows our children perform better than other children nationally. Our children, their parents and everyone working in our schools should be very proud and deserve to be congratulated for their hard work."

Legal action over loans

Newham Council has launched independent legal action against Barclays Bank in connection with an aspect of council borrowing relating to specialist loans known as Lender Option Borrower Option (LOBO).

Newham has concerns regarding the mis-selling of LOBO loans in relation to the manipulation of the London Interbank Offered Rate (LIBOR) by Barclays and potentially other banks. LIBOR is a benchmark rate that some of the world's leading banks charge each other for short-term loans.

Mayor Rokhsana Fiaz said: "We continue to gather expert legal opinion but we would want to recover money potentially denied to us at a time when local services face the prospect of being diminished because of central government's continued austerity drive.

"We understand that we were the first of a number of local authorities to lodge a protective claim at the High Court. Since this is now a legal matter we cannot comment further but will update residents as soon as we are able."

Consultation on development plan

Residents can offer their views on proposed main and minor modifications to the Local Plan, which is the vision and framework for development in the borough.

The plan addresses needs and opportunities across themes including housing, the economy, community facilities, infrastructure, and the environment. A consultation on proposed modifications to it runs until 16 September.

For more details visit www.newham.gov.uk/planningconsultations with documents also available at East Ham Customer Service Centre and also online at all local libraries.

Pupils doing better than nationally



Vital issues were raised at the Homelessness Forum

Mayor Rokhsana Fiaz

Mayor Rokhsana Fiaz OBE
Mayor@newham.gov.uk

 **@rokhsanafiaz**

 **Rokhsana_Fiaz**

 **rokhsanafiaz**

I hope everyone has been enjoying the recent gorgeous warm weather. Schools are now out for the summer and I hope you have great plans with your friends and loved ones.

I'm almost at the end of my 12th week as Mayor and I've been doing a lot of sorting out on some important issues. At the recent meeting of full Council I made two important announcements regarding historical financial decisions taken by the former Mayor and his administration.

The first was about an aspect of council borrowing related to a set of specialist loans, known as Lender Option Borrower Option loans (or LOBOs), taken out by the previous council.

We have decided to launch independent legal action against Barclays Bank because we have concerns regarding the mis-selling of LOBO loans in relation to the manipulation of the London Interbank Offered Rate (LIBOR). We'll be seeking to recover money potentially denied to us at a time when local councils face the prospect of cuts because of central government's continued austerity drive.

My second announcement at full Council was about Newham Council's investment of £40 million in the London Stadium back in 2013. I have authorised the publication of a report which looked into the decision by the council in 2013 to make that investment. For me, the report tells us that concerns raised by financial advisers at the time – namely that a return on our investment was never achievable



One young resident was keen to make her point



The youth assembly gave young people the opportunity to have a say



At the young people's assembly with Stephen Timms and Sophie Linden

– were ignored. So ultimately that £40 million was lost.

There is a lot we can learn from the report on how transparency and good governance can be improved. I'll be making a further announcement in September about a broader review into the culture within the council so that we can rout out bad practices for good.

As you know during the recent local election campaign I promised, if elected, to bring the people of Newham into the heart of this council's decision making, so I was really pleased to take part in another set of public forums designed to do exactly that.

The first event was the Homelessness Forum held at the Old Town Hall in Stratford, which brought together residents, charities, and people with direct experience of homelessness to tackle the problem. Under this new administration Newham is going to be more proactive, more responsive and more compassionate towards those suffering or at risk of homelessness.

The second event was a round table discussion with our young people about youth safety, followed by another

Youth Citizen Assembly over at Forest Gate Youth Hub.

We had an amazing turnout to the assembly, to hear their voices about safety and second chances. The round table discussion beforehand brought together the police, City Hall, the council, community organisations, young people and parents to discuss the impact that violence and fear has on our young people.

We've had excellent news that our primary school pupils are performing above the national average in the Government's "expected standard" in reading, writing and maths at Key Stage 2. Our children, their parents and everyone working in and with our schools should be very proud.

I also had an excellent meeting with Mayor of London Sadiq Khan which focused on how by working together we can ensure the genuinely affordable social rent homes that Newham residents need, get built. I've pledged that we will build at least 1,000 by 2022, with at least 100 in my first year. I'm looking forward to announcing further details in the autumn.

Newham Council's popular FREE four-day m

Here we put the spotlight on the line-up for Thursday 16 and Friday

Thursday 16 August

Back by popular demand Thursday's host DJ Daddy Ernie will set the tone for the night with his bag of classic reggae, ska and lovers rock tunes.

The Skatalites

Thursday's headliners are none other than Jamaica's pioneers of bluesy ska, The Skatalites. Famed for working with Desmond Dekker, Bunny Wailer and Lee Perry, they're currently enjoying massive success on the international festival circuit. They are set to delight with hits like 'Guns of Navarone' and other ska classics. Under the Stars will be their exclusive London date so make sure you catch them while you can!

Bitty McLean

You're guaranteed to feel the love from the man who was drawn to classic reggae at an early age before cutting his teeth with British legends UB40, Wet Wet Wet and Simply Red. UK lovers rock and smooth reggae artist Bitty McLean is best known for his three UK top ten hits 'It Keeps Rainin' (Tears from My Eyes)', 'Dedicated to the One I Love' and 'We've Only Just Begun'. He will be backed by international reggae outfit The Magic Touch Band.

Levi Roots

After gaining widespread fame on Dragons' Den, Levi Roots has since opened a restaurant in the borough and published a string of successful cook books. He has rapidly become a household name and national treasure. Nominated for Best Reggae Act at the MOBO Awards in 1998, on Thursday he will be singing his own roots rock reggae compositions backed by his band.



music extravaganza Under the Stars is back!

ay 17 August.

Friday 17 August

Friday's host Nadia Ali began her media career on children's TV. Since 2012 she has presented the 'Nadia Ali Show' every Sunday evening for the BBC Asian Network. Co-hosting with Nadia is DJ and rapper Anj Baig best known for appearing in Asian reality TV show 'Desi Rascals'.

Dr Zeus

Friday's headliner is massively popular music producer Dr Zeus. He has been delivering chart-topping hits for nearly 20 years including 'Jugni Ji', 'Kangna' and 'Inch'. His many high profile collaborations include the recent hit 'Woofer' featuring Snoop Dogg. He will perform with a host of high profile artists including international stars Zora Randhawa and Rajveer.

UNDER THE STARS

Thursday 16, Friday 17, Saturday 18
and Sunday 19 August

Gates Open 6.30pm daily

Central Park, High Street South, East Ham, E6

www.newham.gov.uk/uts

[@NewhamLondon](https://twitter.com/NewhamLondon) [#NewhamUTS](https://www.instagram.com/NewhamUTS) [f newhamevents](https://www.facebook.com/newhamevents)



Dr Zeus



H-Dhami



Rameet Sandhu

Mumzy Stranger

Newham based artist Mumzy Stranger has consistently been delivering hit songs ever since his chart-topping 2009 debut single One More Dance. Perhaps the finest ever British artist of Bangladeshi descent, the soulful singer will perform with a host of talented guests including rising stars Nish and Rupika.

H-Dhami

H-Dhami has bhangra in his blood because his father was the lead singer of 1980s super group Heera. Ever since his dynamite debut album reached number one, the award-winning singing star has found fame with chart-topping songs and made a name for himself as an explosive live performer.

Rameet Sandhu

The beauty pageant winner turned singer has delivered hits including her recent single 'Talli Hogiya' featuring Dr Zeus and Curtis Young, son of world famous Dr Dre. She has also starred in a high profile Punjabi film and has offers from Bollywood.

Programme may be subject to change, so be sure to visit www.newham.gov.uk/uts for the most up-to-date information.



LET YOUR VOICE BE HEARD

CITIZENS' ASSEMBLIES

If you are a Newham resident who wants to help change where you live for the better or you think you have ideas that could help resolve issues then Newham Mayor Rokhsana Fiaz wants to hear from you.

You can discuss both problems and any solutions you might have at a series of Citizens' Assemblies that will be happening near you in the next 12 months.

The Mayor wants you to make decisions about what happens in your community. At these assemblies, you will be able to identify the challenges in your area, share ideas about what you, your community and your councillors could do, working together, to resolve them.

The Citizens' Assemblies will give you and your neighbours direct power to develop a shared vision for the streets and community that you live in and shape its future development and growth.

The assemblies aim to:

- Empower you by involving you in local decision-making
- Give you a space where you can think about solutions for issues causing you concern
- Set priorities for a local community plan
- Give you greater say in how our resources are used for various services and projects.

There will be an assembly near you and you can bring friends, neighbours, family members or anyone else who you think would be interested in attending.

Citizens' Assemblies will be run at the locations listed right, from 10am to 1.30pm and from 6pm to 9.30pm on the dates shown.

Beckton and Royal Docks

4 Sept, Beckton Community Centre, 14 East Ham Manor Way, Beckton, E6

Custom House and Canning Town

6 Sept, Custom House & Canning Town CNC, 18 Rathbone Market, Barking Road, Canning Town, E16

Stratford and West Ham

12 Sept, Old Town Hall, Stratford, E15

Forest Gate

13 Sept, Forest Gate Learning Zone, 1 Woodford Road, Forest Gate, E7

Manor Park

17 Sept, Old Manor Park Library, 835

Romford Road, Manor Park, E12

East Ham

18 Sept, Newham Town Hall, Barking Road, East Ham, E6

Plaistow

20 Sept, Barking Road Community Centre, 627-633 Barking Road, E13 9EZ

Green Street

27 Sept, Katherine Road Community Centre, 254 Katherine Road, E7

You can register at www.newham.gov.uk/CitizensAssemblies and for more information email CitizensAssemblies@newham.gov.uk

SIGN UP FOR SOLAR ENERGY

Residents keen to cut their energy bills and be environmentally friendly can now sign up to a pioneering scheme to buy solar panels.

Newham Council is working with the Mayor of London and iChooser, the group-buying specialist, as part of the Solar Together London scheme.

The scheme will mean residents have the opportunity to buy high quality solar panels and generate their own renewable energy.

Solar Together London wants to boost solar power for the borough's homes by making it easier for residents to find a trustworthy installer and easier for installers to find interested customers.

The council wants to see an increase in the amount of renewable energy generated from homes. With increasing electricity prices and falling costs for solar panels, the environmentally friendly form of energy is a viable alternative for many households and businesses.

Councillor Rachel Tripp, Cabinet member for environment and highways, said: "Solar Together London is an exciting scheme which will provide an environmentally friendly alternative energy source to many Newham residents. Not only is solar energy sustainable and significantly better for the environment, it also gives residents the opportunity to make financial savings on their household bills.

"As a council, we want to play our part in combatting climate change and we will be making changes to ensure we are making the most of renewable energy opportunities. I know many of our residents are interested in green alternatives such as this and by taking part in Solar Together, they now have access to trustworthy, high quality and low cost solar energy technology."

To register your interest visit: **www.solartogetherlondon.co.uk/newham**





This summer we are bringing you five whole weeks jam packed with activities. Our sell-out Kids Club and Active Academy are back!

We also have our fun inflatable sessions and a variety of other sporting activities taking place.



in partnership with

Newham London

active
newham



activeNewham offer Intensive Swimming Courses*
for children of all levels and abilities.

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0300 124 0123

*Not available at Manor Park

Atherton Leisure Centre, 189 Romford Road, London E15 4JF

Balaam Leisure Centre, 14 Balaam Street, Plaistow E13 8AQ

East Ham Leisure Centre, 384 Barking Rd, East Ham E6 2RT

Manor Park Fitness Centre, 464 High Street North, Manor Park E12 6QN

Newham Leisure Centre, 281 Prince Regent Lane, Plaistow E13 8SD

To find out more call **0300 124 0123[†]** or visit
www.activeNewham.org.uk

[†]This number is charged at the same rate as calls to normal landlines (those that start with 01 or 02). It is included in call allowances, bundled talk time or "free" minutes the same way as regular landline numbers.

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Help at hand with Universal Credit



Universal Credit is a new benefit from the Department of Work and Pensions (DWP) available to working-age people who are in or out of employment or who are in work on a low income. It rolls out across the whole of Newham from this week and is usually claimed online.

Universal Credit replaces the following six benefits:

- Child Tax Credit
- Housing Benefit
- Income Support
- Income-based Jobseeker's Allowance (JSA)
- Income-related Employment and Support Allowance (ESA)
- Working Tax Credit

Who needs to claim Universal Credit?

You will only need to claim Universal Credit if your circumstances change, such as losing your job, having a first child or moving into Newham. If you have three or more children you cannot currently claim Universal Credit. The DWP will advise you to claim another benefit and, if you pay rent, you will need to claim Housing Benefit through Newham Council.

If you are in temporary accommodation provided by the council because you are homeless or in supported housing, you will need to apply for Universal Credit to help meet your day-to-day living costs. You will need to claim Housing Benefit through the council to help pay your rent.

For detailed information about Universal Credit go to www.gov.uk/universal-credit

If you claim Universal Credit, you will still need to claim Council Tax Reduction if you are liable for and need help

paying your Council Tax. Apply online at www.newham.gov.uk or call **020 8430 2000**.

If you are already getting one or more of the six benefits Universal Credit replaces, you don't need to do anything unless the DWP contacts you. If you are receiving Housing Benefit and move within Newham, you will continue to receive it and do not need to claim Universal Credit. You do need to let us know about your change of address.

Where can I get support?

- Get help to go online at any of Newham's ten libraries. Visit <https://my.newham.gov.uk/maps/>
- If you need help with budgeting email Newham Moneyworks at moneyworks@newham.gov.uk or call **020 8430 2041** or visit **Unit 61 at Stratford Shopping Centre**
- If you are a Newham Council tenant and having trouble paying your rent, call **020 8430 2000** and ask for the housing income and collection team
- If you are having trouble paying your **Council Tax** call **020 8430 2000**.

UC *Universal
Credit*



**Two-way
traffic on
Broadway
17 Sep**

Stratford transformati

Last September, work began to transform Stratford town centre into a safer, brighter, better place, bringing to life Newham Council's plans for the area. The first phase is almost complete and road users will see the first major change for the area in many years – the start of the switch from one-way to two-way traffic.

From Monday 17 September, traffic on Broadway between Stratford High Street and Romford Road will go in both directions. New road crossings will also be in place for both pedestrians and cyclists, in places where people have told us they would prefer to cross.

Separated cycle lanes will be in place on both sides of the road, allowing traffic to flow more smoothly and increase cycling safety.

Residents need to be vigilant about their personal safety when crossing Broadway, and to look both ways at all times. The 20mph speed limit remains in place around the whole of Stratford town centre.

Plans for the town centre were developed by the council

over a two-year period in consultation with residents and local businesses. The improved town centre will be a safer place to walk, cycle and drive, as well as more green and pleasant for shoppers and residents.

Mayor Rokhsana Fiaz said: "I'm very excited to see Stratford change shape. The safety of everyone living in, working in and visiting the area is crucial to me. We've built road safety into every aspect of the town centre plans, but two-way traffic will be a big change for the area. I urge everyone to take the utmost care when out and about after the switch date."

Councillor Rachel Tripp, Cabinet member for environment and highways, said: "I look forward to seeing



tion on the right road

residents, including cyclists and those on foot, being able to get around the town centre more easily and safely. When I'm in Stratford with my little girls, I will remind them to look both ways and keep safe."

Broadway has already been treated to bright and colourful shop front artwork, in partnership with Stratford Original Business Improvement District (BID). This has ensured that residents are easily able to find their way around, and find their way to places, during the improvement works. Using similar colours to the artwork and the shoals on Great Eastern Road, a colourful crossing will be installed on Broadway and will be in place when it becomes two-way.

Meanwhile the south side of Great Eastern Road, from Stratford Picturehouse heading towards The Grove, has new paving, trees, shrubs and lighting.

More of the one-way system will switch to two-way from Monday 22 October. From that date, the whole of Great Eastern Road, as well as The Grove, will have two-way traffic.

More details on the town centre transformation can be found at www.newham.gov.uk/Stratford

JB Riney is managing the town centre works on behalf of the council. Their public liaison officer, James Lodge, is available at the Stratford site office at West Ham Lane car park (behind the Old Town Hall) or can be contacted on 07977 992033 or james.lodge@jbriney.co.uk

West Ham Lane car park continues to be closed for public parking and will remain so for the duration of the works.



Cecilia, left, and Cllr Oakeshott

Remain vote is



Bike from Boleyn

Residents and campaigners have celebrated the decision by Mayor Rokhsana Fiaz and Newham's Cabinet to retain the Champions sculpture at the heart of the community in Upton Park. Resident Cecilia Welsh and Boleyn ward councillor Veronica Oakeshott led the two-year fight to preserve a piece of England's and West Ham United history.

Hammers fan Cecilia said: "I was gob-smacked to hear that the club were even planning to move every trace of their 112-history from Upton Park.

"Naively I thought that like what happened at Arsenal, something would be left of the old ground or the front gates incorporated into the design of the new housing estate. We miss the buzz of thousands of fans arriving for a game, hearing them cheer when West Ham score, and the wonderful sound of 30,000 people singing I'm Forever Blowing Bubbles. At the statue's unveiling in 2003 Sir Geoff Hurst said: 'I am absolutely thrilled about the sculpture. I never thought it would happen in a million years. It will be here forever more.' Thank goodness, now he's right.

"We started with a petition against the proposal to move our beloved statue to Stratford. We submitted it to the council with more than 1,000

from the statue to the new stadium on match days. This is a physical demonstration of our determination to keep the connection between West Ham United and the Boleyn alive.

"We won the support of TV celebrities like Bobby Seagull and Hammers greats like Clyde Best. We kept on demonstrating how much we loved the statue by holding celebrations there for the 50th anniversary of England's World Cup win and commemorating the 25th anniversary of Bobby Moore's passing.

"But it may have been our postcard appeal which brought the campaign to a head. It featured a beautiful image by local artist Jon Peasnell. People used the postcards to send personal messages to the

just Champion

"With the statue here, those bubbles will keep on blowing and the memory of West Ham will never fade and die."

The postcard campaign



signatures before starting another – this time in an attempt to get it listed by English Heritage – with a further 1,000 signatures.

"Our local councillors were massively supportive and we are grateful to Veronica Oakeshott, Obaid Khan and Harvinder Singh Virdee for their wholehearted support. East Ham MP Stephen Timms supported us from the beginning. Both he and Lyn Brown MP attended events and delivered persuasive speeches about it staying."

Councillor Oakeshott, a professional campaigner in the charity sector, helped plan the campaign with the community. She said: "It's been brilliant to work with residents who are passionate about preserving our heritage. Together we've run community initiatives like Bike from Boleyn, which organises bicycle rides

then Mayor as to why the statue should stay. Some of the messages were really moving. Shops got involved too, collecting postcards for us and displaying campaign posters.

"Just as the boys of 1966 showed what can be achieved on the pitch with teamwork, this campaign showed what a community can do when it puts its mind to it."

Cecilia concluded: "Our community has always wanted to keep the history of West Ham United alive in the area and continue a connection between Upton Park and the London Stadium. My dream is that we will keep on celebrating the match day experience in Upton Park. The Bike from Boleyn rides are going strong and I invite everyone to join us on our next ride. With the statue here, those bubbles will keep on blowing and the memory of West Ham will never fade and die."

Councillors' surgeries

Newham residents elected 60 councillors across 20 wards in the May local elections. In this issue of the Newham Mag we feature details of the surgeries for the councillors in the first ten wards, listed alphabetically.



BECKTON
AYESHA CHOWDHURY
Sat, 11am-12pm,
Beckton Globe Library,
alternating with other
Beckton councillors



BOLEYN
GEN KITCHEN Fri,
6.30-7.30pm, Priory
Park C.C. 106 Parr
Rd, E6, alternating with
other Boleyn councillors



**CANNING TOWN
NORTH**
CANON ANN EASTER
Sat, 10-11am, Canning
Town CNC, alternating
with other Canning Town
North councillors



JAMES ASSER
Sat, 11am-12pm,
Beckton Globe Library,
alternating with other
Beckton councillors



**VERONICA
OAKESHOTT**
Fri, 6.30-7.30pm, Priory
Park C.C. 106 Parr
Rd, E6, alternating with
other Boleyn councillors



SHABAN MOHAMMED
Sat, 10-11am, Canning
Town CNC, alternating
with other Canning Town
North councillors



TONII WILSON
Sat, 11am-12pm,
Beckton Globe Library,
alternating with other
Beckton councillors



**HARVINDER SINGH
VIRDEE**
Fri, 6.30-7.30pm, Priory
Park C.C. 106 Parr
Rd, E6, alternating with
other Boleyn councillors



DELPHINE TOHOURA
Sat, 10-11am, Canning
Town CNC, alternating
with other Canning Town
North councillors



**CANNING
TOWN SOUTH**
ROHIT DASGUPTA
1st Thurs of the month,
6-8pm, Canning Town CNC



CUSTOM HOUSE
JAMES BECKLES
2nd & 4th Sat of
the month, 10.30-
11.30am, Custom
House Library



ALAN GRIFFITHS
2nd Weds of the month.
10.30am-12pm. Stubbs Point,
New Barn St, E13 and 4th
Thurs of the month, except
December. 10.30am-12pm.
River Christian Centre,
Vincent St, E16



**PATRICIA
HOLLAND**
1st Sat of the
month, 10-11am,
Custom House
Library



BELGICA GUAÑA
3rd Sat of the month, 10am-
12pm, Canning Town CNC



SARAH RUIZ
3rd & 5th Sat of the
month, 10-11am,
Custom House
Library

The wards



The next issue of the mag will include:

GREEN STREET EAST WARD, PLAISTOW SOUTH WARD, GREEN STREET WEST WARD, LITTLE ILFORD WARD, MANOR PARK WARD, PLAISTOW NORTH WARD, ROYAL DOCKS WARD, STRATFORD AND NEW TOWN WARD, WALL END WARD, WEST HAM WARD



**EAST HAM
CENTRAL**
JULIANNE MARRIOTT
1st Sat of each month.
10-11am, East Ham
CNC



EAST HAM NORTH
DANIEL BLANEY
1st and 3rd Sat of every
month, 11.30am-12.30pm,
Trinity Community Centre,
East Avenue, Manor Park, E12.



AISHA SIDDIQAH
Term time only. 2nd
Thurs of the month.
5-7pm, East Ham CNC



ZUBER GULAMUSSEN
1st and 3rd Sat of every
month, 11.30am-12.30pm,
Trinity Community Centre,
East Avenue, Manor Park, E12.



**SUGA
THEKKEPPURAYIL**
3rd Fri of the month.
6.30-7.30pm, East Ham
CNC



FIROZA NEKIWALA
1st and 3rd Sat of every
month, 11.30am-12.30pm
Trinity Community Centre,
East Avenue, Manor Park, E12.



**EAST HAM
SOUTH**
SUSAN MASTERS
Sat, 9am, Brampton
Primary School,
Masterman Road, E6



FOREST GATE NORTH
SASHA DAS GUPTA
Sat, 10.30-11.30am,
The Gate CNC, alternating
with other Forest Gate
North councillors



FOREST GATE SOUTH
MAS PATEL
Sat, 10.30-11.30am [Term
Time only], The Gate CNC,
alternating with other Forest
Gate South councillors



**REV QUINTIN
PEPPIATT**
Sat, 10am, Vicarage
Primary School,
Vicarage Lane, E6



ANAMUL ISLAM
Sat, 10.30-11.30am,
The Gate CNC, alternating
with other Forest Gate
North councillors



TAHMINA RAHMAN
Sat, 10.30-11.30am [Term
Time only], The Gate CNC,
alternating with other Forest
Gate South councillors



LAKMINI SHAH
Sat, 10am, Vicarage
Primary School,
Vicarage Lane, E6



RACHEL TRIPP
Sat, 10.30-11.30am,
The Gate CNC, alternating
with other Forest Gate
North councillors



WINSTON VAUGHAN
Sat, 10.30-11.30am [Term
Time only], The Gate CNC,
alternating with other Forest
Gate South councillors



**Mayor
Rokhsana
Fiaz**

The Mayor's surgeries are
held twice a month. To
make an appointment to
see the Mayor call 020
8430 2000 or email

Mayor@newham.gov.uk



@rokhsanafiaz



Rokhsana_Fiaz



rokhsanafiaz

Transforming social care day opportunities

Come along to a feedback session and have your say on the future of day opportunities for adults in Newham with learning disabilities, autism, mental health or other needs including older people.

Friday 3 August, 6-8pm
St. John's Church, Broadway, Stratford E15 1NG

To book your place, call **020 3373 9788** or email **Commissioning.Assistant@newham.gov.uk**

Refreshments will be provided. Please mention any specific access requirements when booking.



Vaccines save lives.

Is your child
fully protected?

Vaccinations for a range of illnesses are offered free of charge for all children living in the UK.

Keep your family one step ahead - check when their next immunisation is due or discuss it with your GP.

www.nhs.uk/vaccinations



Rising to the challenge of social work

Newham is a great place to be a social worker because of its incredible diversity and young and vibrant population. A campaign is under way to attract much needed social workers to the borough with the specialist skills in dealing with children and young people - people like Steve Chaplin.

Steve heads up a team of outreach workers focusing on young people. He said: "Whenever I see one of the young people we are working with achieve their goals, I'm reminded of why I became a social worker. Knowing we have helped them on their personal journey is so rewarding."

"Each day is very varied and I enjoy working with my team to find ways to resolve issues. You never know what young people will present you with, so you really have to think on your feet."

As in any career, training and support play a vital role in helping people reach their full potential and social work is no different. This is why Newham Council offers its social workers opportunities to grow and develop.

Steve said: "The training I've received in Newham has been excellent. I've completed a diploma through the Institute of Family Therapy and I'm also taking part in the Firstline Leadership Programme, which is really developing my leadership skills."

The programme develops good social work managers into outstanding leaders, better able to support their teams. Newham Council's Cabinet have also asked that a package of support be looked at that could attract social workers to the borough.

This includes reviewing and expanding the housing offer for key workers, an improved relocation offer and travel assistance package, and a salary and rewards package that includes increased market supplements.

To find out more about being a social worker in Newham, visit

www.newhamsocialworkerjobs.com



Steve Chaplin

Circle of life is celebrated



Youngsters gave a spirited performance

Youngsters inspired by the story of a former child refugee who spent time behind bars, have performed an opera based on his life.

The opera, called Full Circle, was performed at Lister Community School in Plaistow and was the culmination of a year-long partnership between Newham Music and children from Lister and five other schools. It was inspired by Jonathan Lofulo, who turned his life around and gained a first-class degree from the University of East London.

The performance was part of Newham Music's Festival of Youth, held between 5 and 11 July. On the festival's final day Theatre Royal Stratford East hosted two interactive concerts which brought together primary schools from around the borough. Mayor Rokhsana Fiaz attended.

Newham Music, based in Tarling Road, Canning Town, is an award-winning music hub that is committed to providing high quality music education and opportunities to children and young people.



Residents enjoyed the fun-filled day

Thousands have fun in the park

Newham councillors joined more than 2,600 residents at Plaistow Park for a fun family event that included rides, games, craft activities, and much more.

The event was organised by Newham Council's Plaistow community neighbourhood team working with residents, Tesco, Park Lives, the West Ham United Foundation, activeNewham, Plaistow Fire Station, and performers and stallholders who contributed to making it a huge success.

The aim was to celebrate the area's

diversity and provide residents with a range of fun and positive activities within the park based around the popular Plaistow Youth Market project. Councillors Daniel Lee-Phakoe, Joy Laguda, Zulfiqar Ali, Carleene Lee-Phakoe, Jane Lofthouse and Neil Wilson, met residents during the event which was blessed with glorious sunshine.

The day marked the end of a week-long Plaistow Festival last month and included a variety of events and activities to showcase everything the area has to offer.

ADVICE ON GETTING HEALTHY

More than 250 residents found out about the range of health and social care services available to them in the community at an event held at the Old Town Hall, Stratford.

It was hosted by Newham Council's Community Neighbourhood Link Worker team and included group discussions with health experts, Bollywood dancing and a health zone where residents had their blood pressure and eyes checked.

Mayor Rokhsana Fiaz, Deputy Mayor Charlene McLean and Councillor Susan Masters, Cabinet member for health and adult social care, attended the event.

Councillor Masters said: "Residents were so enthusiastic about wanting to see a happier and healthier borough. It was great to see them having fun and enjoying themselves, yet taking on-board the important health messages and understanding the range of



The Mayor joined residents at the event

support available for them and their families." For more information about health and social care services, visit www.newham.gov.uk/careinnewham

Discover a taste for stories

Children with a taste for discovering imaginary worlds full of Gruffalos, dragons or scary creatures can head to the Discover Children's Story Centre during the long summer holidays.

The centre in High Street, Stratford, is running A World Inside a Book – Gruffalos, Dragons and Other Creatures exhibition as part of its summer programme. Sessions run every day at 10.15am, 11.05am, 11.55am, 12.45pm, 1.35pm, 2.25pm, 3.15pm, and 4.05pm and last 40 minutes.

Newham Council, working with the story centre, is offering free unlimited entry for families with children who live and work in the borough.

To take part just bring proof of your work or home address when visiting. Advance booking is recommended. For more information call the Discover Centre on **020 8536 5555** or visit www.discover.org.uk



The Gruffalo

BOY'S BRUSH WITH SUCCESS



Henry with his painting

A budding artist aged just ten has been chosen to exhibit his work at the Royal Academy of Arts as part of its Summer Exhibition.

A painting by Henry Bateman, a pupil at Godwin Junior School in Forest Gate, was chosen from 19,000 entries and is now hanging at the academy. He could be the youngest person to display his work at the RA. The painting, called The Bored Horse, was sold during a private viewing before the exhibition opened to the public.

Mother Sarah Tully said: "Henry paints, draws, makes things from wire, clay, and card, and has recently been doing his own animations.

"He used to go to an art club called The Mini Artists of E7 run by local artist Eleanor Pearce. He has also exhibited at Forest Gate Library as part of the art trail."

Kids' Corner



PLEASE SEND OR EMAIL DRAWINGS, JOKES, AND POEMS WITH THE CHILD'S NAME, AGE, ADDRESS AND CONTACT DETAILS TO:

KIDS' CORNER, WEST WING, 4TH FLOOR, NEWHAM DOCKSIDE, 1000 DOCKSIDE ROAD, LONDON E16 2QU or newham.mag@newham.gov.uk

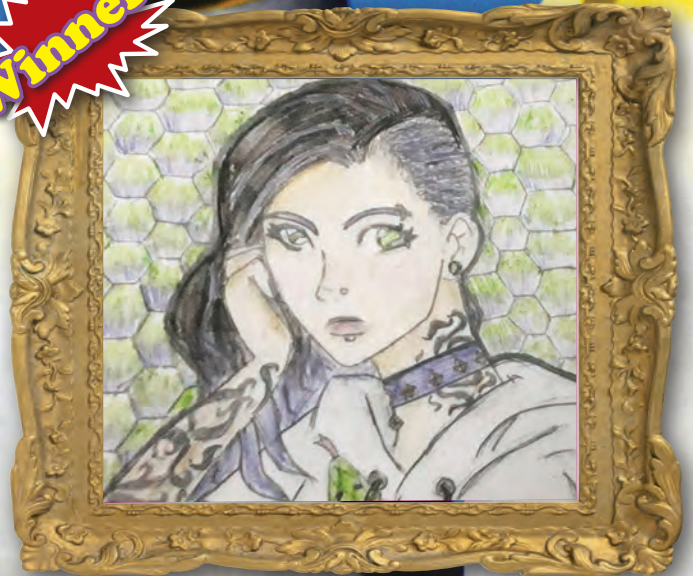
Parents, guardians are advised that by submitting an entry with the child's details you are giving permission for the Newham Mag to print their name and age to feature in the gallery. Details provided will not be used for any other purpose. Only the winner's details will be sent to Stratford Picturehouse, the prize provider.

GALLERY

Winner



Simrita Nandipati, 6



Amrit Kaur Parmar, 10



Davi Goncalves, 8



Zymal Shahid, 11

Tickets to Stratford Picturehouse

This issue's winner receives a free family ticket to Stratford Picturehouse, which includes a kid's popcorn and drink.

To be in with a chance of winning this prize send or email your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU** or newham.mag@newham.gov.uk. Don't forget to write your full name, age, address and contact telephone number with your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.



Colour-me-in Crossword

Poem

SOMEONE VERY IMPORTANT

A person, brighter than the brightness
of the sunshine,

She's a beautiful and delicate swan.

You can never blame her for a crime,

She is one; therefore unique!

When she walks on the wooden floor,
you can't hear a creek,
As if she's an angel flying,

Always there when I'm crying.

Every day, I come back from school and
she's the house itself welcoming me and
keeping me safe,

I can tell that she's great cause saying it
ain't no shame.

My mother is the best, she's a little too
important, cause,

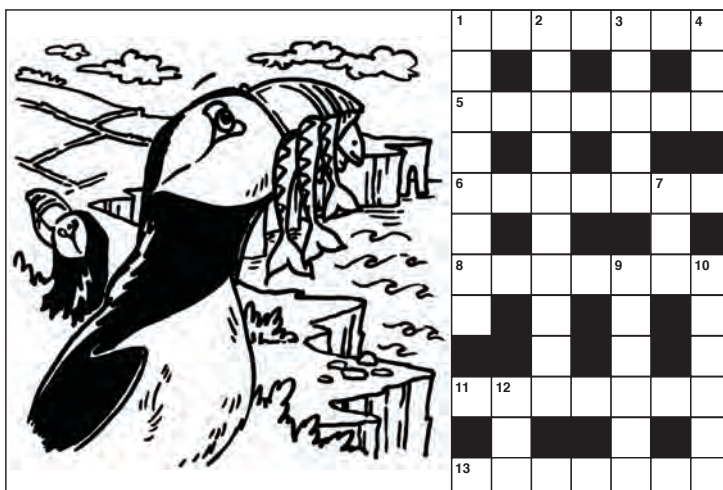
I feel lifeless when I can't see her.

She's a shield protecting me from the bad,

The world shuts down when she's not near.

Samir Mazumder, 12

Crossword



Across

1. Atlantic birds with massive bills (7)
5. Ships which carry huge quantities of petroleum (7)
6. Kings, queens, princes and princesses (7)
8. Tumbling circus performer (7)
11. Where people stand to wait for public transport (3-4)
13. Gave up work altogether (7)

Down

1. He lives in Neverland where Captain Hook is his enemy (5,3)
2. Children sometimes wear it at Halloween (5,5)
3. Perfect (5)
4. Emergency signal (3)
7. Hot drink (3)
9. It is spread on toast (6)
10. Three-legged stand for supporting a camera (6)
12. Employ (3)

WHAT'S ON



UNDER-FIVES

Storytelling 🌈 Mon, 10.30-11.15am, Custom House; Tues, 10.30-11.30am, East Ham CNC; Tues, 9.45-10.30am, 10.45-11.30am, Custom House & Canning Town CNC; Tues, 11am-12pm, Fri, 11am-12pm, Stratford; Mon, 10.30-11.30am, Manor Park CNC; Tues, 10.30-11.30am, Forest Gate CNC; Tues, 10.30-11.15am, Thurs, 1-2pm, 2-3pm, Plaistow; Mon, 10.30-11am, North Woolwich; Tues, 10.30-11.30am, Beckton Globe; Tues, 1-2pm, Green St

Stay and Play 🌈 Support for parents and carers to develop their child through play. Tues, 8.15-10.15am, Thurs, 8.15-11.15am, Forest Gate CNC; Weds, 10am-12pm, Thurs, 9.30-11.30am, Sat, 11am-1pm, Stratford; Mon, 10.45-11.30am, Canning Town; Sat, 10.30-11.30am, Beckton

Triple P Parenting 🌈 Parenting techniques for children aged 18 months+. Weds, 12.45-2.45pm, Manor Park CNC; Thurs, 9am-12pm, Canning Town & Custom House CNC

Bumps & Bundles Group Interactive session for parents

and carers of babies under 18mths. Mon, 10am-12pm, Stratford

Bumps and Babies 🌈 For expectant parents, parents and carers of babies under 18 months. Fri, 1-3pm, Forest Gate CNC

Bubble Time and Nursery Rhymes 🌈 Interactive session for children. Sat, 12.30-1pm, Green St

Music and Movement 🌈 Session for children and parents or carers to get active using different types of dance and musical instruments. Tues, 10-11am, Plaistow; Thurs, 1.30-2.15pm, East Ham CNC

Move it to Music 🌈 A chance for parents and children to join in with a free interactive session with music and dance. Mon, 1.30-2.30pm, Stratford

Mum2Mum Conversation Café 🌈 Come along to meet new mothers and feel connected and inspired by your local community. Thurs, 11am-1pm, Custom House & Canning Town CNC



YOUNG PEOPLE

Chatterbooks (7-12 yrs) 🌈 A new book club to inspire young children to read for pleasure. Sat, 2.30-3.30pm, Plaistow; Tues, 4-5pm, North Woolwich; Mon, 3.30-4.30pm, Beckton Globe; Mon, 4-5pm, Manor Park CNC; Sat, 3-4pm, Custom House & Canning Town CNC Weds, 4-5pm, East Ham CNC

Arts and Craft Workshop (6-12yrs) 🌈 Sat 2-3pm, Custom House & Canning Town CNC; Sat, 2-3pm, Custom House; Sat, 1-2pm, Green St; Sat, 2-3pm, North Woolwich; Tues, 3.30-5pm, Sat, 11am-12.30pm, Plaistow; Tues, 4-5.30pm, Forest Gate CNC

Family Movie Club 🌈 Sat, 3-4.30pm, Green St (up to 12yrs); Sat, 2-4pm, Plaistow; Sat, 5.30-7.30pm, East Ham CNC; Thurs, 4-6pm, North Woolwich; Fri, 4-6pm Forest Gate CNC; Sat, 2-4pm, Beckton Globe, Fri, 4-5.30pm, Manor Park CNC

Homework Club 🌈 Study support from volunteers. Age: Varies site to site. Fri, 4-5pm, Beckton Globe; Mon, 3.30-5pm, Sat, 10.30am-12.30pm, Plaistow; Fri, 4-6pm, Custom House & Canning Town CNC; Fri 4-5pm, East Ham CNC; Mon, 3.30-4.30pm, North Woolwich; Mon, 4-6pm, Stratford; Sat, 10.30am-12.30pm, Forest Gate CNC

Let's Learn 🌈 Study support session for Key Stages 1 and 2. Join our fun learning class for English comprehension and Maths. Fortnightly, Sun, 2-4pm, Stratford

Code Club (7-11yrs) 🌈 Bring your laptop if you have one. Tues, 4-5pm, Green St; Sat, 1.30-2.30pm, Beckton Globe

The Chill Spot (11-19yrs) 🌈 Initiative to bridge the gap of after-school provision with activities including table tennis, discussions, workshops and much more. Mon, Weds, 3.30-6pm, Stratford

East Ham Youth Drop in Sony PS4, DJ Decks and other activities for 11-19 year-olds. Includes support in using IT for homework. Mon, 4.15-6.15pm; Tues, 4.15-7.15pm, East Ham CNC

Sharpen Your Mind Learning exercise for children aged 4 to 8 years-old. Sat, 11am-12pm, Custom House and Canning Town CNC

Cookery Workshop Take part in a healthy cooking session with an experienced chef. Thurs, 4-5.30pm, Canning Town & Custom House CNC

Writers Group Last Thurs of month, 5.30-7.30pm, Forest Gate CNC; Thurs, 6.30-7.30pm, Canning Town & Custom House CNC

Youth Activity PS4 (13-17yrs) Come along with your friends to play PS4. Mon, 4.30-5.30pm, Plaistow



Chess Club ★ Tues, 4.45-6.15pm, Beckton; Mon, 5.30-7.30pm, and Thurs, 5.30-7.30pm, East Ham CNC; Mon, 5-7pm (advanced), Thurs, 5.30-7.30pm (beginners) Stratford; Tues, 5.30-7.30pm (children), Forest Gate CNC; Thurs, 5-6pm (beginners), Thurs, 6-7pm (improvers), Custom House; Weds, 6.30-7.30pm (adults), 5.30-6.30pm (children), Custom House & Canning Town CNC; Weds, 5.30-7.30pm, Green St; Thurs, 5-6pm, Plaistow; Thurs, 5-6.30pm, Sat, 11am-12.30pm, Manor Park CNC

Do It Online (18+) ★ Computer classes. Weds, 10am-12pm, Stratford; Thurs, 1.30-2.30pm, North Woolwich; Thurs, 10am-12pm, East Ham CNC; Weds, 10am-12pm, Plaistow; Mon, 1-2.30pm, Custom House & Canning Town CNC; 1.30-2.30pm, North Woolwich; Fri, 2-3.30pm, Beckton; Thurs, 11am-1pm, Green St

Life in the UK Classes ★ 12-week course to support prospective candidates who wish to take the life in the UK test and B1. Contact 020 8542 3904 for information. Weds, 12.30-2.30pm, Fri, 10am-12pm, Plaistow; Fri, 12.30pm-2.30pm, Green St; Weds 10am-12pm, East Ham CNC; 12.30-2.30pm, Stratford; 10am-12pm, Beckton

English Conversation Club Practise spoken English. Mon, 6-7.30pm, Weds, 10.30-11.30am, Manor Park CNC; Thurs, 3-4pm, Rabbits Rd Institute; Sat, 10am-12pm, Thurs, 5-6pm, Stratford; Mon, 10-11am, Plaistow; Third Thurs of the month, 10.30-11.30am, Green St; Mon, Fri, 10.30am-12.30pm, Beckton Globe

Book Club and Creative Writing Group ★ Hosted by Vaseem Khan, author of The Baby Ganesh Detective Agency Series. Ages 15+. Tues, 6-7.30pm, Manor Park CNC

Adult Reading Groups Come and talk about your favourite books and discover new writers. Third Sat of the month, 10-11am, Custom House; Third Thurs of the month, 6.30-7.30pm, East Ham CNC; First Thurs of the month, 6.45-7.45pm, Plaistow; Last Mon of the month, 6.30-7.30pm, Forest Gate CNC

Dementia Cinema For dementia patients. Cost is £4 although carers go free. Advance booking required for wheelchair users. Last Mon of month, 12.30pm, Stratford Picture House, Gerry Raffles Square, E15

Skills For Life Sessions run by Step-up community education, free English classes which include speaking, listening, reading and writing. Tues, 10.30am-12.30pm, Weds, 10.30am-12.30pm and 5.45-7.45pm, Thurs, 5.45-7.45pm, Green St

Grants Surgery Advice session for residents wanting to be a Community Builder, or apply for a Newham Let's Get The Party Started or Go For it grants. Weds, 11am-12pm, Green St; Tues, 11am-12pm, Forest Gate CNC

ICT Drop in Support with emails, My Newham, Parking permits. Tues, 11am-12pm, Green St; Weds, 11am-1pm, Forest Gate CNC



Creative English ★ Programme of English speaking and listening lessons from 'Faith in Action' charity. Suitable for beginners who need functional English skills. Women only. Weds, Thurs, 1.30-3pm, Tues, 1.30-3pm, Green St

Home Creations Craft Group A chance to meet your neighbours and develop your creativity while producing something special to brighten your home. Tues, 10.30am-12.30pm, East Ham CNC

Reading for Pleasure Group Make new friends and explore the world of reading. Fortnightly, Thurs, 6.30-7.30pm, Stratford

Knit & Natter (16+) Fri 10am-12pm, Custom House & Canning Town CNC; Weds 10.30am-12pm, Beckton; Tues, 10.30am-12.30pm, Manor Park CNC; Fri, 10am-12pm, East Ham CNC; Weds, Fri, 10am-12pm, Plaistow; Green St; Tues, 10.30am-12.30pm, Tues, 11am-1pm, Forest Gate CNC

Youth Activity Discussion (13-17) Come along to Plaistow Library to have a discussion about what activity you would like to see in your local library. Mon, 4.30-5.30pm, Plaistow

Crochet ★ Learn how to crochet. All ages welcome. Mon, 10am-12pm, Plaistow

Criss-Cross Pottery Club Join the Criss Cross potters for an arts and crafts workshop based on the theme of words. £5 charge. Ten places available. To book, call Chris Wong on 0750 691 3032. Mon, Tues, 10.30am-3.30pm, Beckton C.C

Monthly Movie Matinee See the best of classic cinema on our large screen with surround sound. Free coffee and cake from 12pm. Last Fri of the month, 12.30pm. Forest Gate CNC

Diabetic Clinic Drop-in clinic for adults. Weds, 2-3pm, Custom House & Canning Town CNC

Tai Chi Sword Class ★ Try Tai Chi with a difference. Suitable for all ages. Weds, 10.30am-12pm, Beckton C.C.

ESOL Training Improve your reading, writing, English and number skills. Free for 19+ who have lived in the UK or the EU for the last 3 yrs. Fri, 12-4pm, Stratford



ACTIVITIES
AND SUPPORT

Green Street Mural Project Get creative and explore themes, techniques and concepts to create a mural celebrating everything that is great about the area. Open to all ages and abilities, would suit families with young children. [Sat, 5-7pm, Green Street](#)

Retro Board Games Group Play some retro board games with a mix of some new ones.

[Fri, 10am-12pm, Green Street](#)

Cookery Workshop Take part in a healthy cooking session with an experienced chef. [Thurs, 4-5.30pm, Canning Town & Custom House CNC](#)

Writers Group Last Thurs of month, 5.30-7.30pm, [Forest Gate CNC](#); Thurs, 6.30-7.30pm, [Canning Town & Custom House CNC](#).



COMMUNITY
ACTIVITIES

Newham Super Choir All ages. [Tues, 10.30am-12pm, Beckton C.C.](#)

A1 Judo Club Mon, Weds, 6.30-7.30pm for children (£6 per session) and 7.30-8.30pm for women (£5 per session) at Flanders Community Centre, in Napier Rd, East Ham

Health is wealth Women's health based group. For more information, contact healthiswealthproject@outlook.com [Last Mon of the month 12-2pm, Beckton Globe](#)

Career Progression Hub To book call 020 7476 1666 [Weds, 3.30-7.30pm; Thurs, 2.30-4.30pm; Fri, 1-4pm at RDLAC, Albert Road, North Woolwich, E16](#)

North Woolwich Voices (16+) Community singing group. No experience required. [Mon, 6.30-7.45pm, Woodman Community Centre, Woodman St, E16](#). Contact northwoolwichvoices@gmail.com

Art Expression A voluntary group set up by the Stroke Association for people affected by a stroke to help in their recovery and perhaps discover a hidden talent. All abilities welcome. [Mon, 1-3pm, Beckton Globe](#).

Walking Football (18+) [Mon, 10-11am](#) (except Bank Holidays), Memorial Park AstroTurf, E15. Call 07790 384413

Plaistow Youth Market Browse quality goods crafted and sold by young people. Everyone welcome. The Greenway, stretch between Prince Regent Lane and Barking Road, E13. [Fourth Sat of each month, 11am-3pm](#)

Stroke Carers Support Session Meet a friendly Stroke Association worker who can help with your questions. [Mon, 12-2pm, Beckton Globe](#)

Modern Be-Bop Jazz Evening Celebrate East Ham Arts Festival with an early evening of live jazz music by Les's Jazz Trio. [Mon, 30 Jul, 5.30-7.30pm, East Ham CNC](#)



BOXING AND
SELF DEFENCE

Boxing and Self Defence [Tues, 5-6pm \(16+\), 4-5pm \(6-11yrs\), Jack Cornwell C.C.](#)

West Ham Boys ABC Call 020 8472 3614 [Mon, Weds, Fri, mixed \(8-16yrs\), 5-6pm, Sat, boys \(6-11yrs\), 10-11am, girls \(7-16yrs\), 11am-12pm, £2. 2 London Rd, E13.](#)

Taekwondo (4-14) Learn new martial arts skills. [Sat, 12-1pm, Custom House & Canning Town CNC](#)

Women's Boxing [Mon 9.15-10.15am, Katherine Rd C.C](#)

Hula Hooping Try something new, no experience needed. [Weds, 6.30-7.30pm, Stratford](#)

Self defence and fitness [Fri, 8-9am, East Ham CNC](#)

Boxing Ideal for beginners or those with limited experience. Book in advance. Newham library members only. [Thurs, 1-2pm, Forest Gate CNC](#)



GREEN

Greenway Orchard Volunteering [Thurs, 11am-2pm, Greenway access from Boundary Rd, E13](#)

Pit Stop Gardeners Join our group of community gardeners led by Project Green Thumb with a range of different sites and gardens to visit across East Ham. [Weds, 9.30am-12pm, East Ham CNC](#)

Newham Green Gym Conservation at East Ham Nature Reserve, Norman Rd, E6. [Weds, 10am-1pm and](#)

[last Sat of month](#). Visit www.newhamgreengym.org

Community Gardening [Thurs, 4.30-6pm, St John's Green, Albert Rd, E16; Tues 10.30am-12.30pm, Beckton C.C.](#)

Drop-in community gardening sessions Abbey Gardens, Bakers Row, E15, (Next to Abbey Road DLR station). Visit www.abbeygardens.org for more details. [Tues, 1-3pm; Thurs, 4-7pm and Sat, 11am-4pm.](#)

All listings may be subject to change. Please contact individual events and activities before attending.

HEALTH AND FITNESS

Stroke Club (18+) ★ For men and women living with the effects of stroke. Weds, 2-5pm, Katherine Rd C.C.

Pilates Classes (18+) ★ Mon, 9.30-10.30am, Jack Cornwell C.C.; Thurs, 6-7pm, Manor Park CNC; Thurs, 8-9pm, East Ham CNC

Tai Chi in the Park (18+) ★ Forest Lane Park, E7. Meet at corner of Forest Lane and Magpie Close. Tues, 11am-12pm

Zumba Registration essential. Bring water and a towel, for all ages and abilities. Mon 9.30-10.30am (£3) Fri 9.30-10.30am (£2) Over 50s free, Jack Cornwell C.C.; Fri 6-7pm (free) Custom House & Canning Town CNC; Weds, 6.30-7.30pm (free) Manor Park CNC; Tues 5.30-6.30pm (free) Stratford; Mon, 7-8pm, £2 per session, East Ham Town Hall; Tues, 9.30-10.30am, over 50s, Forest Gate (booking required)

Salsa Dancing (18+) Mon, 3.15-4.45pm, Beckton C.C.; Sat, 6-7.30pm, Stratford; Sat, 2.30-4.30pm, Forest Gate CNC; Thurs, 6-7.30pm, Beckton Globe; Fri, 6.15-7.15pm, East Ham CNC

Nordic Walking Contact 07787 731809 for details. Weds, 9.15-10.15am, Forest Gate CNC

Plaistow Social Walk Social walk to improve fitness and make friends. Tues, Sat, 10-11am, meet at Plaistow Library

Woodside Badminton Club Cost for two-hour session is £5. Call club secretary on 07956 150 240 for more details. Fri, 7.30-9.30pm, at Carpenters & Docklands Centre, 98 Gibbins Rd, Stratford

Green Street Striders Whether you're walking to improve your health or simply walking for the pleasure of exploring the local Priory Park. For those aged 50+. Meet at Green Street Library, Sat, 10.30-11.30am, Green Street

Healthy Home Cooking Thurs, 4-5.30pm, Custom House and Canning Town CNC and Library. To book and get more details call the library on 020 3373 0854 or CN.CustomHouseCanningTown@newham.gov.uk

Cycling Lessons ★ Beginners; Mon, 12-1.30pm, Weds, 10-11.30am; Advanced; Fri, 10-12pm. Unit 4, Nelson Street Studios, 2 Nelson Street, Canning Town. Call 020 7055 0808 for details

Zumba Weds, 7-8pm, at The Tamil Sangem Centre, Manor Park. £5 per session, call 0772 0805505 for more details

Fitness for families Free sessions of family games, competitions, health and wellbeing. To book and register your free space, call 07795 064116. First come, first served. Tennis, 11am-1pm, 30 Jul and 6 Aug; Basketball, 11am-1pm, 3 Aug, 10 Aug. Newham Sixth Form College, Prince Regent Lane, Plaistow



50+ ACTIVITIES

Quadrille Dancing ★ Try this classic dance style. Mon, 1.30-2.30pm, East Ham CNC

Bingo ★ Mon, 11.30am-1.30pm, Beckton C.C.; Mon, 12-4pm, Jeyes C.C.; Thurs, 7-9pm, Jack Cornwell C.C.

Dominoes Group ★ Weds, 1.30-4.30pm, Plaistow

Get Active, Get Healthy, & Exercises for Fitness ★ Thurs, 11am-12pm, Jack Cornwell C.C.

Chair Based Exercise For all fitness levels. Fri, 10.30-11.30am, East Ham CNC; Tues, 12.30-1.30pm, Manor Park CNC; Mon, 12.30-1.30pm, Green St; Mon, 12.30-1.30pm, Jeyes C.C.; Fri, 11.15am-12.15pm, Forest Gate CNC; Weds, 1.15-2.15pm, Canning Town CNC

Fitness ★ Fitness circuit, mixed, 9.15-10am, Thurs; Fitness circuit, mixed, 10-10.45am, Thurs; Zumba, 1-2pm, Tues, ladies only; Exercise for ladies, 9.30-10.30am, Fri; Exercise for ladies, 10.30-11.30am, Fri, yoga for ladies, 1-2pm, Fri. Katherine Rd C.C.

Ballroom Dancing Join Stratford Latin and ballroom dance classes. Thurs, 12.30-2.30pm, all levels, Carpenters and Docklands Centre

Smart Project Social Group for the over 50s. Join in with a lively discussion, social networking and refreshments. Thurs, 11am-1pm, Jeyes C.C.

Fitness Exercise for men Thurs, 2.30-3.30pm, Katherine Road C.C.

Line Dancing £1 per session. To book, call 020 7476 1666.

Royal Docks Learning & Activity Centre, Albert Rd, E16; Mon, 6.30-7.30pm, Canning Town CNC; Fri, 10.30am, St Paul's Church Centre

Singing for Health ★ Sing a variety of musical styles. Tues, 2-3.30pm, Jack Cornwell C.C.

Over 60s Social Club Social club with dominoes, board and card games. Fri, 12.45-2pm, Canning Town CNC

Age Well Singers Sing film, show and popular songs. All welcome. No audition. £2 per session. Call 020 8514 2042 for more details. Thurs, 11.45am-1.15pm (term time) Stratford Circus

Golden Oldies Social Club ★ Come along to play bingo and have refreshments. Weds, 12-3.30pm, Community Road Community Centre, Stratford

Salsa Dancing ★ Suitable for all levels of ability. Thurs, 12-1pm until 6 Sep, Jeyes C.C.

Fitness Exercise with Resistance Bands ★ Improve your strength and flexibility with resistance bands. Tues, 11.30am – 12.30pm, until 7 Aug, Plaistow

Yoga Build strength and help reduce body pain and stiffness. Newham library members only. Thurs, 8.15-9.15am, Forest Gate CNC

Ballroom Dancing Mon, 10am, £4 per session, St. Paul's Church Centre

Move Me ★ Low impact fun dance session. Tues, 1.30-2.30pm, East Ham CNC

FEMALE SPORTS

Basketball Sessions Tues, 4-5pm, Chobham Academy, 40 Cheering Ln, E20

Modern Arnis Martial Arts (16+) Tues, 5-6pm. Call 07473 030 250, Jack Cornwell C.C.

Female Only Zumba Tues, 6-7pm, Forest Gate Community School, Forest Ln, E7. £2. **Thurs, 6.30-7.30pm, The Well C.C, Vicarage Ln, E6. £2.** Call 07741 292893; **Thurs, 10.15-11.15am, Stratford, £2.50; Mon, Weds, 6.30-7.30pm, Asta Community Hub, 14A Camel Rd, E16. £2.50**

Women's badminton academy Get expert advice from a female coach. All standards welcome. £2.05 charge. **Fri, 1-3pm, East Ham Leisure Centre, 324 Barking Road, East Ham, E6.** Call 07930 162505 for more details.

BASKETBALL

Basketball Sessions Thurs, 5.30-6.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12

Senior Programme Division 2 women and division 3/4 men. Rokeby School, E16. **Mon, 7.30-9.30pm** Call 07947 401616

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SPORTS

Black Arrows Badminton Club Adults: **Fri, 7-9pm, Juniors: Sat, 10am-12pm, £3.70, East Ham LC.** **Adults: Weds, 7-10pm, UEL SportsDock.** Call 07932 037173

Adult Tennis (16+) Sun, 10-11.30am, 11.30-1pm, Stratford Park (tennis courts), West Ham Ln, Stratford, E15 4PT Contact: playtennis@activenewham.org.uk



FOOTBALL

AIR Football (16+) Tues, 1-3pm, Fri, 10am- 12pm, Memorial Park, Memorial Ave, E15. Fri, 3-5pm, Beckton Powerleague, E6. Visit www.airfootball.co.uk

WHU Kicks Mon, Tues, Fri, 4-7pm, WHUCST, 60A Albatross Cl, E6. **Thurs, 6.30-7.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12.** **Thurs, 6.30-7.30pm, Stratford Park MUGA, West Ham Ln, E15.** **Sat, 10.30am-12pm, Newham Leisure Centre, E13**

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Ability Club (14-25) Multi sports for disabled young people. **Weds, 5.30-6.30pm and Fri, 4.45-6pm, NewVic, E13.** Contact Paul495@btinternet.com or call 07811 671 082

Wheelchair Cricket (12+) **Thurs, 6-7pm, Newham Leisure Centre.** Contact Bradley.Donovan@essexcricket.org.uk



RUNNING AND ATHLETICS

East End Road Runners Meet on the track. Coached sessions for all abilities. Newham Leisure Centre, E13. **Tues, Thurs, 7pm; Sun, 9am.** Call 07979 261647

Running and Athletics Newham & Essex Beagles Athletics Club. Visit www.newhamandessexbeagles.co.uk for more details



CONTACT THE MAYOR

Here to help session - Mayor's Surgery
By appointment only, limited slots available.
Please call 020 8430 2000 to book or email Mayor@newham.gov.uk

Sat, 28 Jul, 10am-12noon, Canning Town Library, Rathbone Market, 18 Barking Road, Canning Town, E16



CONTACT DETAILS

LIBRARIES & COMMUNITY NEIGHBOURHOOD CENTRES

Beckton Globe 020 3373 0853
Custom House & Canning Town CNC 020 3373 0854
Custom House Library 020 3373 0855
East Ham CNC 020 3373 0827
Green Street 020 3373 0857
Forest Gate CNC 020 3373 0856
Manor Park CNC 020 3373 0858
North Woolwich 020 3373 0843
Plaistow 020 373 0859
Stratford 020 3373 0826
Archives and Local Studies 020 3373 6881

COMMUNITY CENTRES (C.C)

Beckton C.C. 020 7511 1214
East Ham Market Hall 020 8471 0292
Jack Cornwell C.C. 020 8553 3459
Jeyes C.C. 020 3373 2205
Katherine Rd C.C. 020 8548 9825
St Mark's C.C. 020 7474 1687
Vicarage Ln C.C. 020 8519 0235
Harold Rd Centre 020 8472 2805
Queens Market 020 8475 8971
Rabbits Rd Institute 020 3373 0858
Royal Docks Learning Activity Centre 020 7476 1666
St John's Church 020 8503 1913
St Bartholomew's Church & Centre, 020 8470 0011
The Community Resource Centre, 020 3373 2697
St. Paul's Church Centre 020 8552 9955

LEISURE & SPORTS VENUES

Atherton Leisure Centre 189 Romford Rd, E15
Balaam Leisure Centre 14 Balaam St, E13
East Ham Leisure Centre 324 Barking Rd, E6
Newham Leisure Centre 281 Prince Regent Ln, E13
NewVic Prince Regent Ln, E13
UEL SportsDock Docklands Campus, University Wy, E16



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MUMZY STRANGER

H-DHAMI

RAMEET SANDHU

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No parking on site, please use public transport. You may be searched as a condition of entry.
No glass bottles or dogs allowed on site. Programme subject to change.